

Foods and Nutrition: Food Sustainability within 100 Miles of Victoria

Names: _____

1. Buying our food from local farmers markets is a good way to support local farmers and food sustainability. Go to **the B.C. Farmer's Market** website at www.bcfarmersmarket.org.
 - List 5 farmers markets that are within 100 miles of Victoria.

2. Use www.bcfarmersmarket.org for this question. Click on the top tab called **Fresh from the Market**, and then go to **"What's in Season."**

a) List three fruits that are in season right now: _____,
_____, and _____;

- b) Now, find a recipe with at least 2 of the ingredients from your list. Make sure your recipe can be made in 60 minutes, and is local! **Print out your recipe, and attach it to this assignment.**

3. What would be 3 environmental disadvantages of buying food from outside the 100 mile radius?

4. Now, go to the **Vancouver Island Diet** website at http://www.vancouverislanddiet.com/resources_food_production_vancouver_island.html . Use this website to plan a dinner menu using local foods mixed with imported foods. You need to select at least 2 local foods and make a 3 course dinner. Go to producers on the top and then in the middle of the page choose central Island and you will see the list of ingredients.

Here's an example of how to do this. Use this same format for your answer, making separate titles for appetizer, entrée and dessert.

Appetizer:

Organic Spring Salad with Candied Walnuts

Entrée: have a protein, starch, and vegetables

Steamed Fiddle Heads

Roasted Leg of Lamb (local)

Candied B.C. Carrots (local)
Whole Wheat Buns (local)
Island Farm Butter (local)
Whistler Spring Water (local)

Dessert:

Blackberry Apple Pie

YOUR SAMPLE MENU PLAN: